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MAK DZIAŁA ZA WAGA SALTER?
 Waga Saltera jest to urządzenie techniczne, które służy do pomiaru masy. Jest to urządzenie, które jest bardzo precyzyjne i dokładne. Jest to urządzenie, które jest bardzo popularne w przemyśle i w handlu. Jest to urządzenie, które jest bardzo łatwe w obsłudze i bardzo trwałe. Jest to urządzenie, które jest bardzo dokładne i bardzo precyzyjne. Jest to urządzenie, które jest bardzo popularne w przemyśle i w handlu. Jest to urządzenie, które jest bardzo łatwe w obsłudze i bardzo trwałe. Jest to urządzenie, które jest bardzo dokładne i bardzo precyzyjne.

PRZYGOTOWANIE WAGI
 1. Waga musi być czysta i wolna od zanieczyszczeń.
 2. Waga musi być wykalibrowana zgodnie z instrukcją producenta.
 3. Waga musi być używana zgodnie z instrukcją producenta.
 4. Waga musi być przechowywana w suchym i chłodnym miejscu.

WAGI W PRZEMISLE
 1. Wagi przemysłowe są używane do pomiaru masy w przemyśle.
 2. Wagi przemysłowe są bardzo precyzyjne i dokładne.
 3. Wagi przemysłowe są bardzo trwałe i łatwe w obsłudze.

WAGI W HANDLU
 1. Wagi handlowe są używane do pomiaru masy w handlu.
 2. Wagi handlowe są bardzo precyzyjne i dokładne.
 3. Wagi handlowe są bardzo trwałe i łatwe w obsłudze.

WAGI W LABORATORIUM
 1. Wagi laboratoryjne są używane do pomiaru masy w laboratorium.
 2. Wagi laboratoryjne są bardzo precyzyjne i dokładne.
 3. Wagi laboratoryjne są bardzo trwałe i łatwe w obsłudze.

WAGI W PRZEMISLE I W HANDLU
 1. Wagi przemysłowe i handlowe są używane do pomiaru masy w przemyśle i w handlu.
 2. Wagi przemysłowe i handlowe są bardzo precyzyjne i dokładne.
 3. Wagi przemysłowe i handlowe są bardzo trwałe i łatwe w obsłudze.

WAGI W LABORATORIUM I W PRZEMISLE
 1. Wagi laboratoryjne i przemysłowe są używane do pomiaru masy w laboratorium i w przemyśle.
 2. Wagi laboratoryjne i przemysłowe są bardzo precyzyjne i dokładne.
 3. Wagi laboratoryjne i przemysłowe są bardzo trwałe i łatwe w obsłudze.

WAGI W LABORATORIUM I W HANDLU
 1. Wagi laboratoryjne i handlowe są używane do pomiaru masy w laboratorium i w handlu.
 2. Wagi laboratoryjne i handlowe są bardzo precyzyjne i dokładne.
 3. Wagi laboratoryjne i handlowe są bardzo trwałe i łatwe w obsłudze.

WAGI W PRZEMISLE I W LABORATORIUM
 1. Wagi przemysłowe i laboratoryjne są używane do pomiaru masy w przemyśle i w laboratorium.
 2. Wagi przemysłowe i laboratoryjne są bardzo precyzyjne i dokładne.
 3. Wagi przemysłowe i laboratoryjne są bardzo trwałe i łatwe w obsłudze.

WAGI W PRZEMISLE I W LABORATORIUM I W HANDLU
 1. Wagi przemysłowe, laboratoryjne i handlowe są używane do pomiaru masy w przemyśle, w laboratorium i w handlu.
 2. Wagi przemysłowe, laboratoryjne i handlowe są bardzo precyzyjne i dokładne.
 3. Wagi przemysłowe, laboratoryjne i handlowe są bardzo trwałe i łatwe w obsłudze.

NORMALNY DROGOWY JAKOŚĆ PROCENTOWEJ ZAMARTOŚCI TŁUSTOCY W ORGANIZMIE

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.8	13.7	127.8	28.0
11	12.1	13.7	127.8	28.1
12	12.5	13.7	127.8	28.2
13	12.8	13.7	127.8	28.3
14	13.1	13.7	127.8	28.4
15	13.4	13.7	127.8	28.5
16	13.7	13.7	127.8	28.6
17	14.0	13.7	127.8	28.7
18	14.3	13.7	127.8	28.8

Zawartość tłuszczu w tkance tłuszczowej

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance łącznej

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance kości

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance skóry

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance narządów wewnętrznych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mózgu

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych i narządów ruchu

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych i narządów ruchu i narządów wydalniczych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych i narządów ruchu i narządów wydalniczych i narządów rozrodczych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych i narządów ruchu i narządów wydalniczych i narządów rozrodczych i narządów odporności

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7	127.8	28.1
13	12.5	13.7	127.8	28.2
14	12.8	13.7	127.8	28.3
15	13.1	13.7	127.8	28.4
16	13.4	13.7	127.8	28.5
17	13.7	13.7	127.8	28.6
18	14.0	13.7	127.8	28.7

Zawartość tłuszczu w tkance mięśniowej i kości i skóry i narządów wewnętrznych i mózgu i narządów zmysłowych i narządów ruchu i narządów wydalniczych i narządów rozrodczych i narządów odporności i narządów regulacyjnych

Wiek	Mężczyźni	Kobiety	Wzrost	Waga
10	11.2	13.7	127.8	27.9
11	11.8	13.7	127.8	28.0
12	12.1	13.7		

Book Descriptions:

9141 wh3r manual

You must have JavaScript enabled in your browser to utilize the functionality of this website. Its no wonder that this scale is Salters bestseller. The Ultra Slim Analyser Body Fat Scales deliver an accurate reading of your individual weight. Vibration will activate the unit, so simply tap it with your foot and step on to get started. Working towards your fitness goals can be difficult when you don't have the key information at your fingertips. Unlike a standard set of bathroom scales, the Salter Ultra Slim Analyser Body Fat Scales provide a convenient and accurate answer to monitoring your health and fitness. This process starts when your bare feet make contact with the stainlesssteel pads on the platform, however, BIA is perfectly safe, and you won't feel a thing. The method simultaneously gauges your personal weight, body fat percentage, body water percentage and BMI Body Mass Index, providing you with an accurate reading of your overall health and fitness. Such a system enables you to identify the areas you need to work on and improve your health. Delve into the real details of your body weight. Simply tap your foot on the platform to activate the scale and then step on for instant measurements. This scale is built to last thanks to its toughened glass platform. The scale will remember these details and take them into account whilst analysing other features of your body composition. With your own individual profile, you'll be able to track your progress with far more accuracy. This digital scale shows your weight reading on a large and easy to read display, so there's no fuss. This scale can also be set to weigh in your choice of units kg, st, lb depending on your preference. This sleek and simple scale will compliment your other bathroom accessories to make your home feel complete. If you want to store your scales away whilst theyre not in use, the slim design of this scale makes it easy to tuck away, neatly into your cupboards. <http://www.lapalombella.org/palombella/aziende/cannondale-jekyll-2004-manual.xml>

- **9141 wh3r manual, salter 9141 wh3r manual pdf, salter 9141 wh3r manual, salter scales 9141 wh3r manual, salter 9141 wh3r user manual, salter 9141 wh3r instruction manual, 9141 wh3r manual pdf, 9141 wh3r manual download, 9141 wh3r manuals, 9141 wh3r manual free.**

Shortterm fluctuations are to be expected, so chart your progress over a longer period of time as opposed to a day's reading. Check out the Normal Healthy Range of Body Water Percentage and see where the scales estimate you are on the chart. Contact with the body is made via stainless steel pads on the platform of the scale. This method simultaneously calculates your personal weight, body fat, total body water and BMI giving you a more accurate reading of your overall health and fitness. This scale stores the personal data of up to 4 users. As well as being an analyser scale, this scale can be used as a conventional bathroom scale. Press the SET button to confirm your selection. NOTE To update or overwrite the memorised data, follow the same procedure, making changes as required. Ensure your feet are in good contact with the 2 metal pads on the platform. We use Royal Mail and DPD Local couriers for our UK deliveries depending on the size or value of your order. We hope you will love your new Salter product but if you don't, you are welcome to return your items free of charge. To ensure your return is processed quickly please follow the instructions on our returns page Are sturdy good for the whole fa Setting them up was easy step by step via the leaflet provided. I would recommend these. Im doing slimming world and love to see weight loss regardless of even if its an ounce and these scales show this. It also gives an accurate reading of bmi which is another great feature. Overall Id say these are great for the price and beat other more expensive scales by far What more do you want. They are also extremely good quality. I would definitely recommend them without a doubt. Click here to read our privacy

policy. <http://superior-technical.com/userfiles/cannondale-gemini-2000-owners-manual.xml>

Contact with the body is made via stainless steel As well as being an analyser scale, This is vital This is why it is important to measure and monitor Body fat percentage gives you a better measure of fitness Professional medical guidance should always be sought before It represents over Water also plays a vital part in. American Journal Clin Nutr 1999, 69 833841. Body water measurement results are influenced by the proportion of body fat and muscle. If the proportion of body fat is high, or the proportion of muscle is low then the body water results will tend to be low. It is important to remember that measurements such as body weight, body fat and body water are tools for you to use as part of your healthy lifestyle. As short term fluctuations are normal, we suggest you chart your progress over time, rather than focus on a single day's reading. The Body Water % ranges published are for guidance only. Professional medical guidance should always be sought before embarking on diet and exercise programmes. This scale calculates your BMI value for you. The BMI categories shown in the chart and table below are recognised by the WHO World Health Organisation and can be used to interpret your BMI value. Your BMI category can be identified using the table below. This Salter Scale uses a measurement method known as Bioelectrical Impedance Analysis BIA. A minute current is sent through your body, via your feet and legs. This current flows easily through the lean muscular tissue, which has a high fluid content, but not easily through fat. Therefore, by measuring your body's impedance i.e. its resistance to the current, the quantity of muscle can be determined. From this, the quantity of fat and water can then be estimated. What is the value of the current passing through me when the measurement is taken. Is it safe The current is less than 1mA, which is tiny and perfectly safe. You will not be able to feel it.

Please note however, that this device should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device. If I measure my body fat and water at different times during the day, it can vary quite considerably. Which value is correct. Your body fat percentage reading varies with body water content, and the latter changes throughout the course of the day. There is no right or wrong time of the day to take a reading, but aim to take measurements at a regular time when you consider your body to be normally hydrated. Avoid taking readings after having a bath or sauna, following intensive exercise, or within 12 hours of drinking in quantity or eating a meal. My friend has a Body Fat Analyser made by another manufacturer. When I used it I found that I got a different body fat reading. Why is this Different Body Fat Analysers take measurements around different parts of the body and use different mathematical algorithms to calculate the percentage of body fat. The best advice is to not make comparisons from one device to another, but to use the same device each time to monitor any change. How do I interpret my body fat and water percentage readings. Please refer to the Body Fat and Water tables included with the product. They will guide you as to whether your body fat and water reading falls into a healthy category relative to your age and sex. A sensible diet, fluid intake and exercise program can reduce your body fat percentage. Professional medical guidance should always be sought before embarking on such a program. Why are the body fat percentage ranges for men and women so different Women naturally carry a higher percentage of fat than men, because the makeup of the body is different being geared towards pregnancy, breastfeeding etc. Ensure that you are regularly taking sufficient water and work towards moving your fat percentage into the healthy range.

<https://skazkina.com/ru/3m-manual-roller-mr1>

Why should I avoid using the Body Analyser Scale whilst pregnant. During pregnancy a woman's body composition changes considerably in order to support the developing child. Under these circumstances, body fat percentage readings could be inaccurate and misleading. Pregnant women should therefore only use the weight function. Something went wrong. Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the

manufacturer in nonretail packaging, such as an unprinted box or plastic bag. If you're looking for an elegant bathroom scale that gets straight to the point, look no further. Its body is crafted from slim, tough glass, and carpet feet allow accurate measurement on uneven surfaces. The large LCD display ensures clear readouts, and the device can record the statistics of up to 4 users in its integrated memory. They are very reasonably priced for scales that also measure body fat etc. I bought the Salter scales and was prepared to be slightly disappointed as I didn't think they could do everything they claim for a price I could afford. I'm pleased to say they work really well. I recommend a YouTube demo to help you and after that it's plain sailing. One thing though don't compare your measurements on this scale with others. There'll be variations between manufacturers so stick to one scale. I find it a bit difficult to use, I don't fully understand how to use all the functions. It gives me an accurate reading of my weight, but that's all I'm able to use it for. I don't find the instructions very helpful. Modern product. You can easily measure your weight but it's also easy to set up for more information. Calculates BMI and also measures fat and water content. The BMI is an accurate calculation, the other two I can't confirm. Easy to set up. Easy to use. Easy to clean.

<https://connylahnstein.com/images/breathaudio-elevate-6.6-manual.pdf>

There are cheaper ones if you just want your weight measured but I find for the extra few pounds sterling the other information is worthwhile on a monthly measurement cycle. Cancel Thanks, we'll look into this. All Rights Reserved. User Agreement, Privacy, Cookies and AdChoice Norton Secured powered by Verisign. Learn more opens in a new window or tab This amount is subject to change until you make payment. For additional information, see the Global Shipping Programme terms and conditions opens in a new window or tab This amount is subject to change until you make payment. If you reside in an EU member state besides UK, import VAT on this purchase is not recoverable. For additional information, see the Global Shipping Programme terms and conditions opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab Learn More opens in a new window or tab See the seller's listing for full details. Its body is crafted from slim, tough glass, and carpet feet allow accurate measurement on uneven surfaces. The large LCD display ensures clear readouts, and the device can record the statistics of up to 4 users in its integrated memory. While we're sure you'll love what you've ordered, we understand that sometimes you might have second thoughts. To make a return for a refund or exchange, you'll need to follow the instructions set out below. Returns. You have the right to cancel your purchase within 14 days of receipt of the goods. The easiest way to do this is to return the goods to us in accordance with the below instructions. If you are unable to return the goods to us before the 14 day period has expired you need to notify us of your intention to cancel, always within the 14 day period. To do so, simply send us a message.

<http://cool-grey.com/images/breathid-manual.pdf>

We will then refund your purchase within 14 days of receiving the returned goods or proof that the order has been returned, whichever is earlier. We may make a deduction from the refund for loss in value of any goods supplied, if the loss is the result of unnecessary handling by you. You're covered by the eBay Money Back Guarantee if you receive an item that is not as described in the listing. Find out more about your rights as a buyer opens in a new window or tab and exceptions opens in a new window or tab. Contact the seller opens in a new window or tab and request post to your location. Please enter a valid postcode. Please enter a number less than or equal to 15. We may receive commission if your application for credit is successful. Terms and conditions apply. Subject to credit approval. They are very reasonably priced for scales that also measure body fat etc. I bought the Salter scales and was prepared to be slightly disappointed as I didn't think they could do everything they claim for a price I could afford. I'm pleased to say they work really well. I recommend a YouTube demo to help you and after that it's plain sailing. One thing though don't compare your measurements

on this scale with others. There'll be variations between manufacturers so stick to one scale. It gives me an accurate reading of my weight, but that's all I'm able to use it for. I don't find the instructions very helpful. Calculates BMI and also measures fat and water content. The BMI is an accurate calculation, the other two I can't confirm. Easy to set up. Easy to use. Easy to clean. There are cheaper ones if you just want your weight measured but I find for the extra few pounds sterling the other information is worthwhile on a monthly measurement cycle. We may receive commission if your application for credit is successful. All Rights Reserved. User Agreement, Privacy, Cookies and AdChoice Norton Secured powered by Verisign.

Our site still works perfectly well without it, but we recommend you enable JavaScript for a better experience. For example, we can use the cookie to recognise you and complete your username or email address and securely retrieve your shopping details if you move to different parts of the Sainsbury's website. Please see your internet browser help section for information on how to do this, or if you are at work, please contact your IT support team. Once you have done so, please click on Continue below. For example, we can use the cookie to recognise you and complete your username or email address and securely retrieve your shopping details if you move to different parts of the Sainsbury's website. Its body is crafted from slim, tough glass, and carpet feet allow accurate measurement on uneven surfaces. The large LCD display ensures clear readouts, and the device can record the statistics of up to 4 users in its integrated memory. I bought the Salter scales and was prepared to be slightly disappointed as I didn't think they could do everything they claim for a price I could afford. I'm pleased to say they work really well. I recommend a YouTube demo to help you and after that it's plain sailing. One thing though don't compare your measurements on this scale with others. I find it a bit difficult to use, I don't fully understand how to use all the functions. It gives me an accurate reading of my weight, but that's all I'm able to use it for. Calculates BMI and also measures fat and water content. The BMI is an accurate calculation, the other two I can't confirm. Easy to set up. Easy to use. Easy to clean. Verisign. Please try again later. Please try again. Please try again. We're so confident you will love the quality and reliability of our products, we back them with a manufacturer's guarantee for 15 years! Vibration will activate the unit, so simply tap it with your foot and step on to get started.

By means of four user memories, you can set up your personal user account on the internal memory by inputting your gender, age and height. The platform will remember these details and take them into account whilst analysing other features of your body composition. This process starts when your bare feet contact the stainless steel pads on the platform, however, BIA is perfectly safe, and you won't feel a thing. The method simultaneously gauges your personal weight, body fat %, body water % and BMI Body Mass Index, providing you with an accurate reading of your overall health and fitness. Such a system enables you to identify the areas you need to work on and improve your health. Unlike a standard set of bathroom scales, the Salter Ultra Slim Analyser Body Fat Scales provide a convenient and accurate answer to monitoring your health and fitness. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Please try your search again later. Passionate about high quality products that are reliable and practical, simply tap the platform with your foot to activate the scale and then step on to get started. This sleek and simple scale will compliment your other bathroom accessories to make your home feel complete. This digital scale measures weight in your choice of units kg, st, lb and displays it clearly in the LCD, for easy to read measurements. Simply tap your foot on the platform to activate the scale and then step on for instant measurements. Get the whole family involved in a fitness journey together with individual profiles stored for you. The slim design of this scale makes it easy to tuck away, neatly into your cupboards. The scales emit tiny electrical impulse which flow easily through your body to help determine fat from lean tissue. If you're looking for a elegant bathroom scale that gets straight to the point, look no further.

Simply tap your foot on the platform to activate the scale and then step on for instant weight measurements, body fat percentage, body water percentage and Body Mass Index BMI, providing you with an accurate reading of your overall health and fitness. Designed with ultra slim toughened glass and a large easy to read LCD, this platform is practical for everyday use and ideal for helping you maintain a healthy, happy body. The Analyser Bathroom Scale also features a four user memory allowing you to set up your own profile for the scale to gain custom weight measurements specific to your body type, meaning you can get the whole family started on their fitness journey. Sleek and Simple Have you ever found a bathroom scale that meets all your needs, but the style and size were completely wrong. This sleek and simple scale will compliment your other bathroom accessories to make your home feel complete. Need to store your scales away whilst they're not in use. The slim design of this scale makes it easy to tuck away, neatly into your cupboards. Included in The Box Along with your digital bathroom scales you'll also receive a standard battery to get your started right away. To calculate the overall star rating and percentage breakdown by star, we don't use a simple average. Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. Please try again later. Kindle Customer 3.0 out of 5 stars Still haven't figured it out yet. Sorry, we failed to record your vote. Please try again Use it after a shower, and it will always work. However, don't rely too much on the figures, but use it as a reference only. The instructions do not explain, but the person standing with the feet apart is the MAN the person with the feet together is the WOMAN. Took me a while to figure out this when I set up the scale for the first time. Sorry, we failed to record your vote.

Please try again I weigh 80kg, wife less so we're not heavy. Not sure if I've got a defective scale or if this is a common problem. Luckily no hurt feet but it seemed to happen so easily. Sorry, we failed to record your vote. Please try again The only downside is they don't work well on the carpet and I'm still fat. Sorry, we failed to record your vote. Please try again Weight was consistent reading with other scales I had and if I try it 3 times in a row I get the same result. I don't change the units, and have it on a flat wooden floor, and the glass design is ideal and unobtrusive. Sorry, we failed to record your vote. Please try again This is a good bit of kit and has been instrumental in me reducing my bf percentage significantly. Know your enemy! Sorry, we failed to record your vote. Please try again I actually wanted to buy a StowAweigh as I have limited storage space, fortunately I had kept the stand from my old one and the 6mm glass meant this would fit the stand. A very cost effective solution. Sorry, we failed to record your vote. Please try again I wish my numbers were less, but that's not the fault of the scales. But yes, when you stand on the scales it's certainly an eye opener! Sorry, we failed to record your vote. Please try again I bought them yesterday for 15, although now they've decreased to 11.90!. The weight readings seem consistent. In fact the measurements they take are the same as the Fitbit Aria ones but for a fraction of the price. Sorry, we failed to record your vote. Please try again I am a different weight every time I get on. It varies up to 7 pounds. I am normally around 9st but this scale can have me put on 7 pounds in a day. Just rubbish. And yes I have changed the battery and yes I use on a smooth tiled floor. Ha and on carpet and on timber. All various readings. Sorry, we failed to record your vote. Please try again Unreliable product, cannot get an accurate measure of my weight. Sorry, we failed to record your vote.

Please try again Then I started gaining weight. Then losing. I've tried a couple of times now and the weight varies massively between uses. I just weighed myself twice with about a minute between and got a difference of 5Kg. What's the point of these things as scales if they can't be consistent. Sorry, we failed to record your vote. Please try again I seem to have gone up circa 2kg since owning it vs other scales but this could be because all the other scales were inaccurate, or I've suddenly just put on weight but what I can say for sure is that the reading will fluctuate quite a lot if you move the scale a few inches in any direction and this is on noncarpeted floors, both wood and lino. Having said that, I'm not convinced any digital scales have really solved this issue. Sorry, we failed to record your vote. Please try again Can read both imperial and metric via a simple switch on the bottom. You can set up

multiple users and add height so it will work out BMI. The only complaint I have is the buttons are on the back. If they were on the front you could control them with your feet rather than bending down. You do need to use them if you have multiple users set up and want to with out BMI. Comes with comprehensive instructions. Sorry, we failed to record your vote. Please try again So was just about to send it back when I realised that on each corner of the underside, there are little pressure plates that compress and that is how the scale reads your weight. They are not connected so move independently. Thus, if the scale isn't completely flat the plates will depress at different rates on each corner. Giving an inaccurate reading. If you have a concrete floor or even tiled then great! Use that. If you just have soft wooden flooring or carpet then this scale might not be the best option for you. The different modes for different people and water weight, bmi reader and so on are very gimmicky. I prefer to just use it as a scale but maybe that is just me.

Keep it simple and you'll be great. Great scale at a great price! Sorry, we failed to record your vote. Please try again Page 1 of 1 Start over Page 1 of 1 In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Content on this site is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed healthcare professional. You should not use this information as selfdiagnosis or for treating a health problem or disease. Contact your healthcare provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Amazon.com assumes no liability for inaccuracies or misstatements about products. And your done. Pull the battery out for about 10 seconds and put it back in. Then push the scale once so it turns on. After the blinking stops, push it once more. The scale will now zero itself. After the scale has zerod itself it may turn off after a brief moment. Its now ready to use normally. If youre standing on the scale when its trying to calibrate to zero, it will assume your weight is zero. Dont stand on the scale after replacing the battery untill you first complete the steps listed above. Login to post It only saves the last recorded weight of the user. So, if you weighed yesterday, it will put your recorded weight in memory. The next time you select your user number and step on the scale, it will compute the difference from your previous record and save your current weight.

Pull the battery out for about 10 seconds and put it back in. Then push the scale once so it turns on. After the blinking stops, push it once more. The scale will now zero itself. After the scale has zerod itself it may turn off after a brief moment. Its now ready to use normally. If youre standing on the scale when its trying to calibrate to zero, it will assume your weight is zero. Dont stand on the scale after replacing the battery until you first complete the steps listed above. Not sure if this is the correct manual, but may be close. Page 3 and 4. Salter Housewares Body Fat Computer Instruction Manual Page 3 Any possible solution. Thanks David Buy a new one for 13.50 GBP Or phone Salter and ask them for a new one under warranty Salter Bathroom Scales Slimline Electronic Digital Weight Scale 9074 WH3R. Not sure if this is what you are after. I cant find my operating instructions, how can I reset the scales. I have changed the batteries but that does not help. Could you please remove my request. Thank you. How can I fix it Number on back is 5210 1036 BKSSDR Answer questions, earn points and help others. This does not change the price you would pay. I always find it is a good idea to weigh myself where it can be motivating when you see your weight decreasing. But one of the things that can happen with weight is that it can stop going down or increase slightly from day to day or week to week after the initial days or weeks of steady decrease. That is frustrating, disappointing and demotivating. Having Type 2 diabetes I do check my blood sugar as well to see that is under control. This is a small electric impulse that it uses to determine the fat and lean muscle in your body. I've been reasonably low carb for a few years but had started

to slip from that recently which saw my weight increase and my fasting blood sugars go up to 6.0 from 4.7 a year earlier. Fortunately for me the English section was at the front. It is nothing too involved.

You remove the battery tab to connect the CR2032 coin style battery to the scales. You can then set up 4 people in the memory using the up, set, down buttons at the top of the scales. It takes a bit of fiddling when trying to set the gender as the figures are a little small but otherwise it is straightforward. It is all described step by step in the manual. I did test it 3 times to be sure and got the same 5kg increase. But otherwise the weight readings seem consistent and accurate. Using the formula on my body fat percentage came out close even if that is only an average calculation based on BMI. I checked this while checking my weight and got the same answer each time. Still not great. You get enough time to write them down so you can track your results over time. This gives you the chance just to get your weight if you don't want the other measures at the time. It has told me my weight but not the other numbers. Reading the manual this is because my feet are too dry. When I've wet them slightly with a damp cloth it has then read them. It works other times when I've been wearing shoes and take them off and get on the scales The writing is a little smaller than the nutrition on the side of food packets. Neither of those are promised and I guess for the price you can't be too choosy. They are nice large numbers. The instructions I found clear and there is some guidance grids on what the numbers mean for being healthy or the wrong side whether that's under or over. They are accurate and consistent enough for my purposes along with waist measurement I've got plenty now to measure for now. They look good. It also has my research into things and stuff comparing things and getting into the detail and to let people know what I find out to help them when they are doing their own research. Also other affiliate programs may also be represented.

<http://fscl.ru/content/3m-manual-roller-mr1>